



## The Ladder UPP

### Course Information

**The Ladder UPP** will help you use the cracks of life as fuel to live with passion and purpose. It is a conversation on life, a response to the brokenness, disconnectedness, and lack of purpose plaguing our world today.

So much pain, despair, and hopelessness surrounds us. People are lost. We look for quick answers through pills, therapies, gurus, etc. yet our search for hope continues. Why, it takes more than easy solutions, it takes each other. We need community to heal and truly live free. Even organizations that have historically done this like the church are having problems connecting people and keeping them connected. I'm a christian, we need our churches and a foundation of faith. I know great therapists and counselors and a psychiatrist helped save my life, we need our mental health system. But we also need each other. This is where **The Ladder UPP** comes in. It is a bridge and conversation to help each other heal. A journey that you can begin by going through the workbook alone, it will eventually lead to others like us on this perilous, wonderful, scary, happy, journey of life – people who have been broken, who understand pain, who want to truly live free as we were created and intended to be.

**The Ladder UPP** takes us through the process of examining our past so we can build a new future. It creates empathy and understanding, it helps us dig in our heals with a simple structure to move forward. You can start by yourself, in a peer group, with a mentor, counselor, preacher or loved one. It isn't therapy, it is life. It is a discussion that forces us to confront reality in the spirit of fresh air and blue skies.

Silouan created **The Ladder UPP** as a response to the brokenness he faced after a tragic jet crash descended him into the hell of Posttraumatic Stress Disorder and almost completely destroyed his life. You can use it yourself or to reach out to others.

**The Ladder UPP** helps us process life's adversities where one can begin to heal and look forward.

### Instructor

## **Silouan Green**

Silouan graduated from Vanderbilt University in 1991 and then accepted a commission in the United States Marine Corps. While serving in the Marines, Silouan was involved in a jet training accident. In the ejection, Silouan's back was broken and his co-pilot tragically killed. This horrible event and the complications that followed led to the development of Post Traumatic Stress Disorder, PTSD. He was disability discharged and then had to learn to put his life back together. It began with a two-year motorcycle journey where he learned to live.

Silouan instructs on Responding to PTSD and Officers in Crisis, Overcoming Adversity, and Foundational Leadership. He teaches people to become leaders in all aspects of their lives, and to use the trials and transitions we all face as fuel to live free and lead with purpose. He has taught around the country at places such as: Walter Reed Medical Center, Fort Campbell, Camp LeJeune, to thousands of police officers and first responders from hundreds of law enforcement agencies, mental health professionals, corporations, non-profits and major universities. Silouan is a dynamic speaker whose classes are focused on delivering solid information and practical tools for living and leading. He provides a broad perspective that officers find refreshing, educational, and most of all, motivating to lead

### **Dates:**

August 12-13, 2021

### **Cost**

\$99 Made Payable to Columbus Police Department- ETP

### **Location:**

Columbus, Ohio Division of Police Training Academy - 1000 North Hague Ave., Columbus, OH 43204-2121

### **Course Contact / Registration**

**Officer Stephanie Stephenson**

(O) 614-645-2218

(e-mail): [slstephenson@columbuspolice.org](mailto:slstephenson@columbuspolice.org)

**Please complete registration form and return to the course contact.**